

## Author Phillipa Leseberg discusses her book, *His Name is Eric*, their Journey with Cancer and Empowering Others to Take Charge of Their Medical Journey



**Phillipa Leseberg**  
Author

[His Name is Eric](http://phillipaleseberg.com/)

<https://phillipaleseberg.com/>

**Interview conducted by:**  
**Bud Wayne, Editorial Executive**  
**CEOCFO Magazine**

**CEOCFO:** *Ms. Leseberg, before we get into the book, would you give us a little background on yourself; did you ever think you become an author someday?*

**Ms. Leseberg:** It was always in the back of my mind that I wanted to write and become an author one day. However, it wasn't until my husband Eric's cancer journey aligned with my passion for healthy eating, living, and alternative medical treatments that I felt passionate enough to start journaling daily. Those journals eventually became the foundation of my book. Our journey helped me find my voice.

**CEOCFO:** *What is behind the title of the book, "His Name is Eric"*

**Ms. Leseberg:** It was towards the end of Eric's time and we knew he wasn't doing well. I was sitting beside his hospital bed and we looked up to see four or five doctors walk into the room. We figured from their posture they didn't have good news. They gathered at the end of the bed with their white coats on and clipboards against their hearts, sort of protecting themselves from their emotions.

By the way, I called the doctors by nicknames to give them some sort of identification without directly naming them or the hospital. I referred to the lead doctor as "Dr. Ice Queen" because she was very cold. She stepped forward and addressed Eric as "Sir, sir," and I realized at that moment that she did not know his name. I wanted to freeze time, reach over, gently grab her hand, and place it in Eric's, saying, "He has a name. Please don't call him 'Sir.' He has a name, and his name is Eric." That is how the book got its name, "His Name is Eric."

**CEOCFO:** *Would you tell us about Eric, how your relationship got started and how long you were together?*

**Ms. Leseberg:** Originally from New Zealand, I was living on the Big Island of Hawaii at the time and owned a business taking people to swim with the wild and free dolphins along the Kona coast. I was single, and when my daughter was seven years old, I started looking online on Match.com for a potential partner. When Eric popped up, I winked at him, and we started an online conversation. Within a couple of weeks, he flew over from Seattle, Washington, to Hawaii to

meet me. He was supposed to stay for one week, but he stayed for three. We were absolutely delighted to have found each other, and after a year of long-distance dating, we got married in New Zealand in 2010. My daughter and I moved to the city of Kirkland, where Eric was based and where I'm still based these days.

**CEOFCO: *What is your goal in writing the book; what should the takeaway be for people reading your book?***

**Ms. Leseberg: The key takeaway** - When presented with a cancer diagnosis, explore all your options with the understanding that conventional or Western medicine does **not** have all the answers. With few exceptions, most patients in the US with a new cancer diagnosis are offered one or more of the traditional treatments – chemotherapy, radiation, and surgery. These treatments focus on symptom management using standardized protocols and pharmaceuticals, aiming to manage and alleviate symptoms rather than exploring underlying causes. It's rare to have a substantial conversation about how and why the disease came about, including diet, lifestyle changes, mental, emotional, and spiritual well-being, and alternative treatment offerings.

**My goal for writing this book** is to ensure millions of people realize that there is a better way! Insist on being offered more options, including alternative treatments, and don't take no for an answer! In our case, after nine months of chemo, radiation, and surgery, the American doctors gave up on Eric and gave him six weeks to live. We left the country and experienced functional medicine at its best at a place called Sanoviv in Rosarito, Mexico. They use a patient-centered approach that focuses on identifying and addressing the root causes of chronic illnesses, including cancer. It involves a holistic view of the patient, considering factors such as nutrition, lifestyle, genetics, and environmental influences. The practitioners spend more time with patients to gather detailed medical histories and develop personalized treatment plans.

**"The book is a mix between a Hallmark movie and a Nicholas Sparks novel! It's a love story, but also an exploration of alternative healing paths for cancer. So, it really is a book for everyone, particularly given that in the United States alone, almost two million people every year are diagnosed with cancer."**  
Phillipa Leseberg

**CEOFCO: *Were all of Eric's treatments done in Seattle?***

**Ms. Leseberg:** No, Eric's treatments were spread over the US and Mexico. Initially, the team of doctors at one of the big Seattle hospital networks tried everything in their arsenal – two main chemotherapy protocols, a couple surgeries, and radiation treatments, and it didn't move the dial on Eric's cancer. After nine months, they gave him an expiration date of six weeks, and we left for Mexico, where we stayed for two months. We had a phenomenal experience at a clinic based in Rosarito, called Sanoviv Medical Institute, which essentially means "long life." Sadly, it ended up already being too late for Eric, because after another couple months at a different big Seattle network, (with more chemo and radiation), Eric ultimately passed.

**CEOFCO: *You mentioned that the doctors in Seattle gave Eric six weeks to live. Did going to the clinic in Mexico extend his life and actually make a difference?***

**Ms. Leseberg:** Yes and no. Eric was in very bad shape when he first presented with cancer in Seattle. He had stage four Non-Hodgkins Lymphoma, and even though we knew about the clinic in Mexico from the very beginning, Eric needed to have surgery to have his cancerous tumor in his spine removed. I believe that if Eric had gone to Sanoviv after the first three months when it looked like the chemotherapy was keeping his cancer at bay, I think we might have had a really good chance. As it turned out, after nine months of the traditional trio, he did last another 111 days, as opposed to 45 days. So, it gave him a little bit of extra time. However, more importantly, his quality of life was so much better. When we left Seattle, Eric was looking grey, like death warmed up. With the treatments he received at Sanoviv, he got color back in his face, and he was dealing with emotional, energetic, psychological and mental factors, and nutrition. He told me he finally understood what I had been telling him for years about how we can heal our own bodies with food, exercise, intentionality and such. He also apologized for not listening to me earlier, about heading to Mexico after the first three months of treatment.

**CEOFCO: *Was Eric at stage four when they diagnosed him?***

**Ms. Leseberg:** Yes, stage four Non-Hogkins Lymphoma. Upon further testing, it was discovered that he had cancer present in his urethras, spine, both hip sockets and into his femur on his right leg.

**CEOFCO: *Is your book written from your perspective, Eric's or both?***

**Ms. Leseberg:** In most cases, I am speaking with my own voice, as a wife and partner going through the horrendous journey with her husband. Having said that, Eric has a voice here and there as he is responding to questions that I ask him or he is sharing his daily "gratitudes." Additionally, the reader also gets visibility into my head, and you hear me question or issue expletives. For example, I would be sitting in a doctor's office or hospital and the doctors are speaking with me or Eric, and you will hear the thoughts that are going on in my head, explaining what I was thinking. Finally, there are poems scattered throughout that I, (or my daughter) wrote during the journey, as well as actual Facebook posts I wrote and posted at the time.

**CEOFCO: *Who would gain the greatest benefit from your book, the person who has the disease or the loved one trying to help that person?***

**Ms. Leseberg:** That is a really interesting question because when I was writing this book, I thought it would be a good book for people with cancer, helping someone who is dealing with it, who has had cancer, or for someone who had lost someone they know to the cancerous curse. However, as I am starting to get feedback from people that have read the book, I am realizing it's a book for everyone. I mean, who wants to get cancer? This book encourages people to take control of their own health journey, to advocate better for themselves, and it can also potentially help save lives by making you better prepared if it happens to you or one of your loved ones.

I'm hearing from readers that the book is a mix between a Hallmark movie and a Nicholas Sparks novel! It's a love story, but also an exploration of alternative healing paths for cancer. So, it really is a book for everyone, particularly given that in the United States alone, almost two million people every year are diagnosed with cancer.

**CEOFCO: *Your book "His Name is Eric" is focused on someone, specifically Eric who has had to battle cancer, but would people with just about any illness, doctors, or educators, almost anyone benefit by reading your book?***

**Ms. Leseberg:** Yes, absolutely. Overall, the lessons and experiences shared in "His Name is Eric" can resonate with a wide audience, offering valuable takeaways for anyone interested in health, wellness, and the human spirit's strength.

For people with chronic illness, the book encourages patients to take an active role in their health and explore all available treatment options, fostering a sense of empowerment. Eric's journey can inspire readers to find hope and resilience even in the face of serious illness. It also underscores the importance of considering alternative and complementary treatments, nutrition, lifestyle changes, and emotional well-being.

For doctors and healthcare providers, the book highlights the need for a more holistic and patient-centered approach in healthcare, encouraging providers to listen and consider the whole person, not just the disease. It emphasizes the importance of clear, compassionate communication with patients and their families. I can only hope that doctors may gain insights into the benefits and limitations of integrating alternative treatments into conventional medical practice, although it is my observation that their hands are often tied, risking their license/livelihood if they push the boundaries.

For educators and the general public, educators can use the book to raise awareness about the complexities of healthcare and the value of integrative medicine. It provides a powerful narrative that can foster empathy and understanding for those dealing with serious illnesses, and also encourages readers to question and critically assess the information and treatment options presented to them.

**CEOFCO: *Has going through this journey with Eric had an effect on you personally; has it changed you and if so in what way? Has it changed your approach to your own health and staying healthy, such as the foods you eat or no longer eat?***

**Ms. Leseberg:** Yes, my journey with Eric has changed me. Having said that, I have been aware of healthy eating ever since I was a little girl. My mother was very health-conscious, and I believe, ahead of her time. Also, I was introduced to organic food at 30 years old while visiting a friend with cancer. She explained she switched out all food in her home, to organic, down to the last stick of butter, and that really impacted me. I'm also gluten and dairy free, as well as a hard-core juicer and daily smoothie maker. However, since going through this experience with Eric, I now also now do weekly hyperbaric treatments, red light therapy, infrared sauna treatments, cryogenics, high dose IV drips and more. I don't do

much in the way of sugar, as that is a way to feed any cancer cells in our bodies, and I witnessed Eric struggling with eliminating sugar, even once he knew he had stage four cancer.

**CEOFCO: *Are all of these things mentioned in your book?***

**Ms. Leseberg:** Yes I do touch on all of these things.

**CEOFCO: *Would you tell us about your recent book launch events?***

**Ms. Leseberg:** It was very exciting launching the book, "His Name is Eric." The in-person launch took place a few days before the official launch date of December 10th. We had 40+ people show up in person and it was awesome. We had a lovely venue, a professional photographer, a videographer with three cameras and someone from the industry interviewed me. I read excerpts from the book and we had a question and answer session. The online launch had 70+ people, and it enabled people internationally to participate. All together there were 111 people who participated in the launch, which to me was significant because it was 111 days that Eric lived once he was told he only had six weeks.

**CEOFCO: *In closing, would you tell us about how your book got published and where people can find your book today?***

**Ms. Leseberg:** I worked with an independent editor for three years and with a hybrid publisher for the final polishing, formatting and design. I ultimately decided to self-publish, and my imprint is called Hummingbird Haven Press. The e-book and paperback versions can be purchased through all major outlets, and there will be an audiobook coming in 2025. Readers can also order it on my website <https://PhillipaLeseberg.com>